



Mind and Matter

A publication of the University of Miami Faculty and Staff Assistance Program

Winter 2014

It's a Wonderful Life: A Reminder to be Grateful this Holiday Season

by Pilar Tamburrino, MS, LMHC, CEAP

How often do you pause to appreciate what you have in life?

Sometimes it's easier to focus on what we don't have, rather than what we do have. In the classic holiday film, "It's a Wonderful Life," the main character, George Bailey is reminded by an angel about how much he has to be thankful for by showing him what life would have been like without him. This inspirational film reminds us to take time out to reflect upon the many wonderful people and things that we commonly take for granted, but for which, we can be grateful are a part of our lives.

LIFE
Is a Gift.

Never forget to enjoy and bask in every moment you are in.
- Unknown

Gratitude is the quality of being thankful; a readiness to show appreciation for, and a willingness to return kindness. Living with a grateful heart gives you the opportunity to celebrate the goodness in life and appreciate goodness in others. Numerous studies suggest that grateful people are more likely to have higher levels of happiness as well as lower levels of stress and depression. Additionally, researchers have also shown a correlation between gratitude and increased wellbeing not only for the individual but for all people involved.

Sometimes we need reminders to be thankful in our everyday lives. Through this lens, the ordinary quickly becomes extraordinary. Feeling grateful every day is an attitude, a way of experiencing life.

The challenge is to find at least 10 things to be thankful for this Holiday season. Here are some examples: family, friends, health, weekends, laughter, sunshine, art, music, time, life, and holidays.

I hope this simple challenge will inspire you to see life from a positive perspective. This attitude of gratitude will not only help us help each other, but will also help you help yourself.

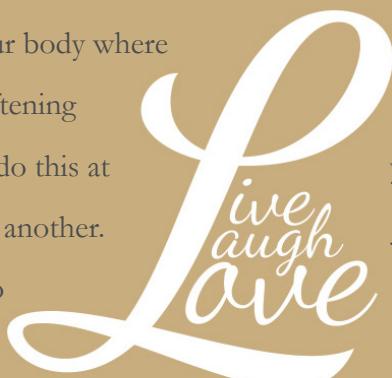
The FSAP staff wishes you a very happy holiday season full of gratitude and peace.



Mindfulness Corner

by Rosario Zavala, MSW, LCSW

During this holiday season, make sure to take time to “be present” in your life as you celebrate with co-workers, friends and family. You may wish to take “5-minute mindfulness breathing breaks” throughout your busy day as a way to check in with yourself and come back to your breath. During this time, focus on any area of your body where there is tension and breathe into it, softening and easing away any tension. You may do this at your work desk or as you drive from one event to another. Just remember to take time each day to rest, to play, and above all else, to be kind and compassionate with yourself.



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The opportunities to be mindful during this season are endless.
Enjoy it, mindfully!

**Enjoy the little things,
for one day you
may look back
and realize they
were the
big things.**

- Robert Brault

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Mind and Matter is a quarterly publication from the UM Faculty and Staff Assistance Program that provides helpful tips and articles regarding work-life balance, health and well-being.

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January 12–14, 2015

It's a time for new beginnings!

Join us to explore ways to cultivate optimism and cast off negativity to become healthier and happier. An attitude of optimism can help us view things from a positive perspective to motivate us when dealing with unexpected changes, challenges, and stressors.

There's researched evidence that optimists routinely maintain high levels of well-being and mental health during times of stress. **Attend this seminar to discover the benefits of optimism and the ways it can be integrated into your daily lives.**

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